

It's Your Montana!



What Is Out There?

Montana Native Plants, Outdoor Edibles & Herbs (half-day session)

Learn about the plants that grow in our state, those that are edible, have medicinal uses, and can be dried and used as herbs. This session involves a moderate hike to see plants in their natural setting.

Photography

Capture the outdoors and relive your own adventures through the art of photography. This session offers instruction on basic camera use to photograph landscapes and wildlife. Learn about choosing a shot, setting up the best angle, and working with light.

Archeology of Sanders County

(half-day session) Being in the outdoors may be more exciting than you imagined. You may find archeological sites that mark settlements and/or artifacts from people who occupied the land in the past. Learn how to recognize a site, avoid doing damage, and help protect these glimpses into our human past. This session involves a moderate hour to hour-and-a-half hike. Bring your hiking boots, mosquito repellent, and sunscreen.

Safety in the Outdoors



Know What to Do!

Wilderness First Aid and Survival Skills (half-day session)

This course is about principles for safety and preparation for outdoor excursions as well as managing emergencies in an outdoor environment. It includes administering basic first aid (including wound management), ways to start a fire, how to build an improvised shelter, and more.

The Backcountry

See It and Enjoy It!



Horseback Riding (half-day session)

The beginning course and the advanced course offer instruction and experience in developing effective riding posture and using your body and voice to communicate with your horse. Horses are provided. Wear long pants and boots. Class size is limited.

Dutch Oven Cooking

Both introductory and advanced sessions offer a hands-on opportunity to learn and refine this traditional way to cook in the outdoors. Participants will cook using recipes for breakfast, lunch and dinner. Take home some favorite recipes for your own use. Equipment is provided.

ATV Basics

The ATV has opened the backcountry to many who otherwise might not have the chance to see it, and it has many uses on farms/ranches. Learn about basic safety and then experience actual ATV operation. Equipment is provided. Class size is limited.

Map and Compass

Never be "lost" again! Learn how to navigate in the outdoors and to use basic equipment and skills to determine your location and get to your destination. Equipment is provided. Bring your compass. Class size is limited.

Workshop Schedule:

7:30 - 8:00 AM	Check-in/B'fast
8:00 - 8:15 AM	Intro of Instructors
8:30 - 10:00 AM	Session 1
10:15 - 11:45 AM	Session 2
11:45 - 12:45 PM	Lunch
1:00 - 2:30 PM	Session 3
2:45 - 4:15 PM	Session 4
4:30 - 6:00 PM	Hors d'oeuvres

**Plus silent auction, raffle, and
sharing the day's experiences!**

Participant Registration

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

E-Mail: _____

I attest that I am at least 18 years old. I acknowledge that my participation in the Becoming an Outdoors-Woman Workshop sponsored by Montana Fish, Wildlife & Parks, involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which the department has no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana, Montana Fish, Wildlife & Parks, and the workshop partners harmless from and against any claim. I understand that photos/videos may be taken for promotion of the program.

Signature _____

Date _____

Registration: \$30 per person

**Make checks payable to
Montana Fish, Wildlife, and Parks**

Fee includes: instruction, equipment and materials (unless otherwise noted in course description), continental breakfast, light lunch, and late afternoon hors d'oeuvres.

Registration is first-received first-registered.

**Complete both sides of this form, cut
along the dotted line and mail with
payment to:**

**Becoming an Outdoors-Woman
P.O. Box 222
Plains, Montana 59859**

Course Selections

Classes will be assigned on a first-received basis.
Some class sizes are limited.
Please rank your eight choices by preference, 1 - 8. We will do everything possible to enroll you in your preferred classes.

Choices	Rank
All Terrain Vehicles - ATVs	
Archeology of Sanders County	
Archery	
Archery "Shoot-Off"	
Dutch Oven - Beginner	
Dutch Oven - Advanced	
Fly Fishing	
Handgun Basics	
Horseback Riding - Beginner	
Horseback Riding - Advanced	
Map and Compass	
Montana Native Plants	
Photography	
Trap Shooting	
Wilderness First Aid/Survival	
Woodworking	

Move Over, Guys

**Here We
Come!**



Archery

Learn about different bows for different activities, proper string tension to maximize your individual strength, proper archery stance and posture, and target shooting. Equipment is provided. Class size is limited.

Participants in Archery sessions have an opportunity to register for and participate in a friendly "Shoot Off" competition, which will be the fourth session of the day.

Trap Shooting

After basic firearm safety instruction, you will have hands-on experience using a shotgun on the trap shooting range. Instruction includes proper stance, aiming techniques to use with a moving target, and shooting from different locations. Class size is limited.

Handgun Basics (half-day session)

Learn basic firearm safety, the types of handguns, proper stance/grip when using a handgun. Then experience hands-on target shooting at the handgun range. Guns and safety equipment are provided or bring your own .22 handgun. Class size is limited.

Fly Fishing

Try your hand at fly fishing! Learn about the basic equipment, which fly works for certain conditions, and then practice the art of casting. Equipment is provided. Class size is limited.

Woodworking (half-day session)

(\$10 materials fee) In this hands-on course you will complete a bat house using basic woodworking skills to complete your creation. Instruction includes safety tips, use of basic tools, differences in types of wood, and how to choose and create a finish that will last in the outdoors.



North West Montana Becoming an Outdoors-Woman Workshop

**Saturday
July 21, 2012
7:30 AM - 6:00 PM
SANDERS COUNTY
FAIRGROUNDS
PLAINS, MONTANA**

**Door Prizes
Quilt Raffle, and
Silent Auction!**

Open to women ages 18 and above.

**Join us for a fun-filled, hands-on
outdoor experience!**

Scholarships are available and confidential. Contact Cynthia Boehler for scholarship information.

For additional information contact:
Cynthia Boehler.....531-7607
Jacqi Peterson.....826-3047
Karen Thorson.....826-0500